

	SUN	MON	TUE	WED	THU	FRI	SAT
	11	12	13	14	15	16	17
GMT-05							
6 AM							
7 AM		Yoga 6:30 – 7:30am	Yoga 6:30 – 7:30am	Yoga 6:30 – 7:30am	Yoga 6:30 – 7:30am	Yoga 6:30 – 7:30am	
8 AM							
9 AM		Writing 9am – 12pm	Writing 9am – 12pm	Writing/Research 9am – 12pm	Writing/Research 9am – 12pm	Writing/Research 9am – 12pm	
10 AM							
11 AM							
12 PM		Email 12 – 1pm	Email 12 – 1pm	Email 12 – 1pm	Email 12 – 1pm	Email 12 – 1pm	
1 PM	Meal Prep 1 – 3pm	Social Media, 1pm	Social Media, 1pm	Social Media, 1pm	Social Media, 1pm	Social Media, 1pm	
2 PM		Meeting with ABC 1:30 – 2:30pm	Pitching/Content Promotion 1:30 – 3:30pm		Meeting with, 2pm	Professional Development/Netw orking 1:30 – 3pm	
3 PM		Admin, 3pm		Meeting w/ Sam 2:30 – 3:30pm	Admin, 3pm	Email, 3pm	
4 PM		Email, 3:30pm	Email, 3:30pm	Email, 3:30pm	Email, 3:30pm	Weekly Review 3:30 – 4:30pm	
		Prep for tomr, 4pm	Prep for tomr, 4pm	Prep for tomr, 4pm	Prep for tomr, 4pm		